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U of A. Students raise alarm after email rebuke

When University of Alberta student and Lister Hall resident Luke Kissick wrote an email to a residence administrator expressing frustration over a peer's eviction from Lister, the response shocked him.

"I panicked and I felt like, 'What's going on? Why am I being potentially charged under the Code of Student Behaviour?'" Kissick said.

"I didn't want to put my education in jeopardy because of an email I wrote. I thought that there was nothing wrong with what I'd written."

Kissick said his email, which he sent in November, asked that the evicted student be allowed a fair appeal and quoted Lister Hall's namesake, Reg Lister.

In response, Kissick said he received an email telling him that he faced possible charges under the Code of Student Behaviour and needed to meet immediately with University of Alberta Protective Services.

That meeting resulted in a warning regarding the email, Kissick said.

The students' union is now speaking out, as members are worried that what happened to Kissick will discourage other students from voicing opinions against the university administration.

"I hate to use the term 'police state,' but really it's starting to look more and more like that," said Saadiq Sumar, the SU's vice-president of student life.

"It's starting to look more and more like students are being investigated for really no good reason."

University of Alberta officials were contacted but had not replied by press time.

ANNALISE KLINGBEIL/METRO

Inquiry. Horne 'really offended' by queue-jumping evidence

A deal that allowed patients from a private clinic in Calgary to jump the line for colon-cancer tests at a public facility is disturbing, the health minister says.

Fred Horne reacted on Wednesday to evidence presented at the provincial queue-jumping inquiry. Staff at the Forzani and MacPhail Colon Cancer Care Screening Centre testified this week about how patients from the private Helios Wellness Centre were given urgent priority

for routine tests in 2010 and 2011.

"I'm really offended by it. I think all Albertans are," Horne said.

The inquiry heard Helios patients had screenings within weeks, while regular Albertans were waiting three years or more.

An audit was done on the Forzani clinic in 2011 and the inquiry heard that Helios patients no longer received special treatment after that.

THE CANADIAN PRESS

Budget woes. Full-day kindergarten could be on the chopping block

Alberta's budget woes could delay Premier Alison Redford from making good on her promise to bring in fully funded full-day kindergarten.

Last year, the government said it wanted to start rolling out the program this fall at an estimated annual cost of up to \$200 million.

Now, with warnings of a tough budget ahead, the Alberta School Boards Association says it's been told by the province that education

funding is being reviewed, including the kindergarten pledge.

Association president Jacquie Hansen said school boards understand financial realities, but also feel that the government should commit to its promises.

Hansen said not all school boards want full-day kindergarten, but those that do would like the program to be fully funded by the province.

THE CANADIAN PRESS

Province boosts funding for student mental health

Wellness. The extra money should ease pressure on university services

The numbers tell a story

7%

A 2011 U of A survey found that seven per cent of students at the university have seriously contemplated suicide.

RYAN TUMILTY
ryan.tumilty@metronews.ca

A boost in provincial funding will expand the University of Alberta's counselling services and prevent students from being turned away when they need them most.

Health Minister Fred Horner announced the \$3-million investment for the U of A on Wednesday. The province will provide similar funding for the universities of Calgary and Lethbridge, while other post-secondary institutions will receive \$1.5 million through the Alberta Students Executive Council (ASEC). The total investment over three years is \$10.5 million.

Dr. Donna Cave, director of wellness at the U of A, said at exam times the school's mental-health services are put under strain.

"At peak time we turn away about 40 per cent of the students that we know should be seen for further counselling," she said. "We are operating like a MASH unit."

Cave said that, due to inadequate resources, the health centre is limited to dealing with mental-health crises, and not preventing them.

Horne said the province is providing the funding out of a belief in the importance of good mental health to overall well-being.

"The mental health of each student is intensely personal, as it is for all of us, but the benefits of good mental health are felt by the entire community," he said.

Grant MacEwan, NAIT, Mount Royal University and other schools will be funded through the ASEC.



Health Minister Fred Horne says the \$10.5 million in funding for mental-health services at Alberta post-secondary institutions will benefit students' overall well-being. RYAN TUMILTY/METRO

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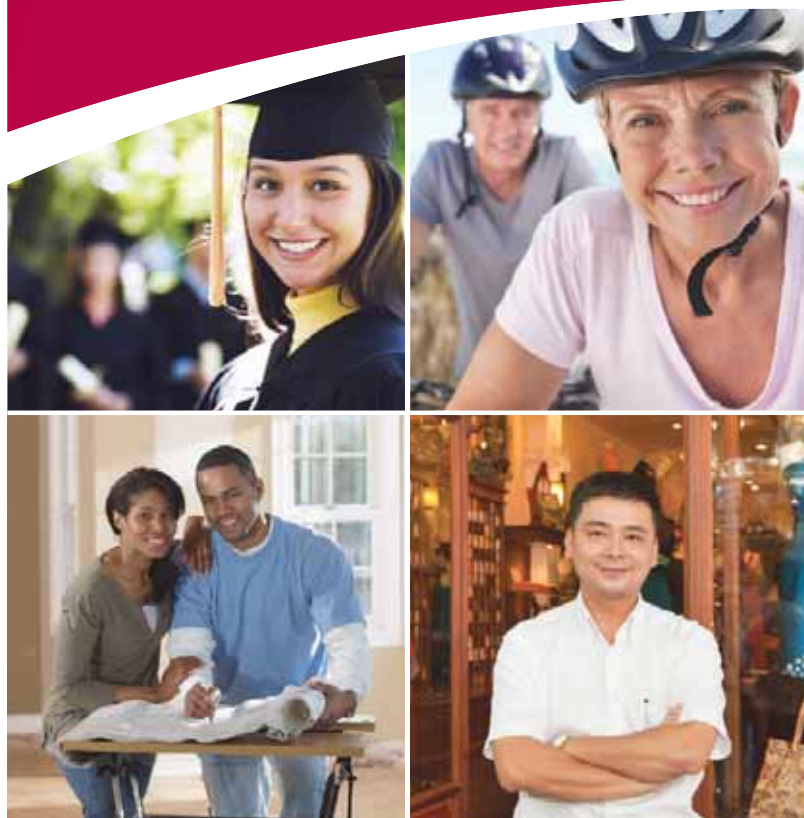
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Wedding planners are noticing the trend of putting a personal touch on ceremonies, such as this generational theme, and they can help put all of the pieces together. CONTRIBUTED/MILTON PHOTOGRAPHY

Wedding planners: We save people time and stress

Wedding wonders. They can help with everything, including how to survive Sunday's bridal fair

Following an engagement, conversation for the next year tends to centre around the upcoming nuptials, but many aren't able to lend the same amount of time they devote to chatter to the cause.

Which is why, for many in Edmonton, a wedding planner is a popular first priority. "Statistics say it takes about 250 hours to plan your own wedding," said Amy Maier, owner and lead wedding co-ordinator with Head Over Heels Wedding and Event Planning. "So it's not even about just a matter of

More to come

- With the Edmonton Bridal Fair behind us and Bridal Fantasy this weekend, January is just the beginning of wedding season.
- This is the fourth instalment in a five-part series on the arrival of the season in Edmonton.

being overwhelmed. I deal with a lot of brides that are super organized ... but they don't have the time to do it."

With children, careers and more on the go, sometimes guidance is needed, Maier added.

Christina Frizzell, who runs Sweet Bliss Weddings Wedding Co-ordination and

Event Planning, sums it up as "less stress, less hassle, less chasing around" for couples.

Both women hold full-time jobs while also planning, on average, a dozen weddings each per year.

They're still seeing a wide range of money spent on the events, but there's also now a definite trend toward personalizing them.

Maier said there also seems to be a heavier focus on aspects of the guest experience, such as food, wine and entertainment.

Regardless of what the couple want, after becoming a friend, psychologist, financial adviser, taste tester and fashion judge, seeing it all come together is rewarding.

"You're helping the couple on one of the most memorable days of their lives," said Frizzell. **HEATHER MCINTYRE/METRO**

Plan ahead

A wedding checklist

Wedding planners are not cheap, but those in the industry say they are worth the money, especially because they can help you with everything — including your money. But just in case you are venturing out on your own:

— First things first: A budget has to be done before anything else, said Amy Maier of Head Over Heels Wedding and Event Planning. "You have to know how much money you have to spend.... Even if you don't know how to allocate that



Christina Frizzell, like many wedding planners, has a checklist for her clients. CONTRIBUTED

money, you need to know how much money you can realistically spend."

— Second, choose a venue, which can be dictated by season, desired date and the size of the guest list.

— Next up is finding a photographer, said Christina Frizzell of Sweet Bliss Weddings Wedding Co-ordination and Event Planning. "Mainly that's because there are certain vendors that book up very far in advance, and photographers are one of them."

— The dress is also a top priority, said Frizzell. "You're going to need your dress because they take a minimum of eight months to order."

— After that, it's details: DJ, limo, flowers, ceremony music, programs and more. **HEATHER MCINTYRE/METRO**

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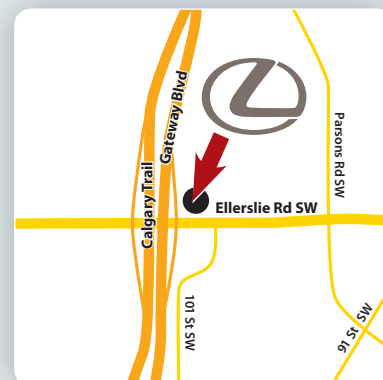
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Hit hard. Vaccinations up, but flu still getting people down

Albertans responded to pleas to get flu vaccinations in big numbers last week, but the bug continues to push city hospitals.

AHS delivered 10,713 doses of the vaccine last week, compared to less than half that number the week before.

Spokesperson Kerry Williams said AHS is glad to see Albertans rolling up their sleeves.

"That is a bit of a bump; we can't say for certain whether that's because people listened to our pleas last week, but it is good."

Williams said the flu is

Flu doses

- In total the province has delivered more than 465,000 doses of the flu vaccine across Alberta so far this season.
- Alberta has seen 1,459 lab-confirmed flu cases this year, with 314 of those in the last week.

still putting pressure on local hospitals.

"We're still facing capacity issues," he said.

RYAN TUMILTY/METRO

Assault

Popular outreach worker died from assault: RCMP

RCMP in Whitecourt have determined that 49-year-old Dolan Badger, a well-known HIV support and outreach worker in Edmonton, died from assault Jan. 14.

Badger identified as "two-

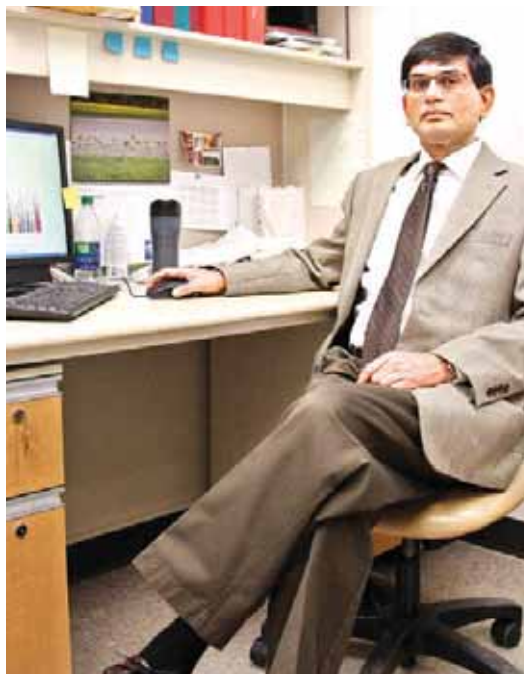
spirited," the term for those who are aboriginal and gay.

RCMP re-iterated Wednesday that Badger's death is not being investigated as a hate crime, and that Badger and the accused, William Kootenay, knew each other.

Kootenay is charged with second-degree murder, and will appear in provincial court Jan. 22.

METRO

U of A researchers find leads in predicting breast cancer recurrence



Dr. Sambasivarao Damaraju in his lab at the University of Alberta beside an image of the genetic profile he and his team discovered, which indicates the likelihood a woman's breast cancer will return.

RYAN TUMILTY/METRO

Prognosis. Simple blood test could predict disease's return

RYAN TUMILTY
ryan.tumilty@metronews.ca

A University of Alberta researcher has found a genetic marker that could one day tell doctors whether a woman's breast cancer will re-occur.

The work by Dr. Sambasivarao Damaraju and his team was published earlier this week and shows that the likelihood of breast cancer recurrence is predictable with a genetic screening.

Diane Martin, a two-time breast cancer survivor, said she was stunned when her cancer returned seven years after her first diagnosis and welcomed news of the research breakthrough.

"I wasn't prepared at all for having a re-occurrence. I think like most survivors I hit the five-year mark and felt I was OK," she said.

Quoted

"Instead of sort of sitting and waiting for 10 years for the body to respond, the physicians will have a preliminary look at these profiles to tailor the treatment."

Dr. Sambasivarao Damaraju

"It was devastating, probably even harder (than) the first time around."

Currently, doctors make predictions based on the type of tumour a woman has, but Damaraju said this research could lead to a much more definitive blood test.

"Instead of sort of sitting and waiting for 10 years for the body to respond, the physicians will have a preliminary look at these profiles to tailor the treatment," said Damaraju.

Damaraju said bringing this research to a commercially available test should take between five and 10 years.

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Obama unveils \$500M plan to curb gun violence

Your move, Congress. U.S. president bracing for blowback from gun owners, lawmakers and lobbyists

President Barack Obama on Wednesday launched the most sweeping effort to stop U.S. gun violence in nearly two decades, announcing a \$500-million package that sets up a fight with Congress over bans on military-style assault weapons and high-capacity ammunition magazines just a month after a shooting in Connecticut killed 20 school children.

Obama signed 23 executive actions, which require no congressional approval. But the president, speaking at the White House, acknowledged the most sweeping, effective actions must be taken by lawmakers.

"To make a real and lasting difference ... Congress must act soon," Obama said.

The president appealed to the nation's conscience, but his announcement promises to lead to a bitter fight with a powerful pro-gun lobby that has long warned supporters that Obama wanted to take away their guns.

The U.S. has the highest rate of gun ownership in the world, and pro-gun groups see any move on gun restrictions as an offence against the right guaranteed by the Second Amendment of the U.S. Constitution. Critics counter that the country's founding fathers never could have foreseen assault weapons more than two centuries ago, when guns were intended for the common, not individual, defence (often stored in community areas) and rifles fired one laborious shot at a time.

"This is the land of the free and the home of the brave," Obama said, acknowledging the right to bear arms. "But we've also long realized ... that with rights come responsibilities." **THE ASSOCIATED PRESS**



Barack Obama is working to implement a sweeping gun strategy that will likely be opposed by Republican lawmakers. CHARLES DHARAPAK/THE ASSOCIATED PRESS

President's daughters

NRA ad is 'cowardly': White House

The White House says a National Rifle Association video that makes reference to President Barack Obama's daughters is "re-

pugnant and cowardly."

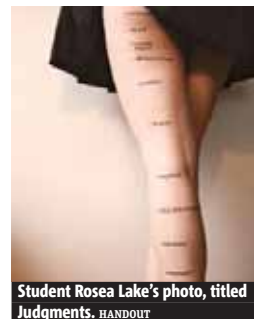
The comments referred to an online video from the pro-gun lobby that calls Obama an "elitist hypocrite" for having armed Secret Service agents protect his daughters at school while voicing skepticism about installing armed guards in all schools. **THE ASSOCIATED PRESS**

Judgments. Vancouver student's provocative photo sparks discussion

The words are written all the way up the back of the woman's leg. "Matronly" appears at her calf, "proper" at the knee and "whore" at the very top — words meant to reflect how women are often perceived based on the length of their skirt.

The provocative photo, called Judgments, was posted by Rosea Lake, a first-year university student at Capilano University in Vancouver, B.C., on her Tumblr site in early January. In a matter of days the photo went viral, with more than 280,000 people liking and re-blogging it.

She took the photo as part of a high-school art project last



Student Rosea Lake's photo, titled Judgments. HANDOUT

year as a way to reassess her assumptions and preconceptions about how women dress.

TORSTAR NEWS SERVICE

DNA

Study links genes to behaviour of bullying victims

The episodes of bullying that mar early grade-school years for hundreds of children may be a partial result of the victim's DNA, a new

study suggested Wednesday.

The behaviours that most often lead to exclusion and victimization in the classroom or schoolyard have their roots in a student's genes, the study said.

The findings were published on the website of the journal Child Development. **THE CANADIAN PRESS**

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Meet the granddaddy of cosmic structures

Startling discovery.

Massive quasar group pokes holes in Einstein's Cosmological Principle, which says that the universe is symmetrical

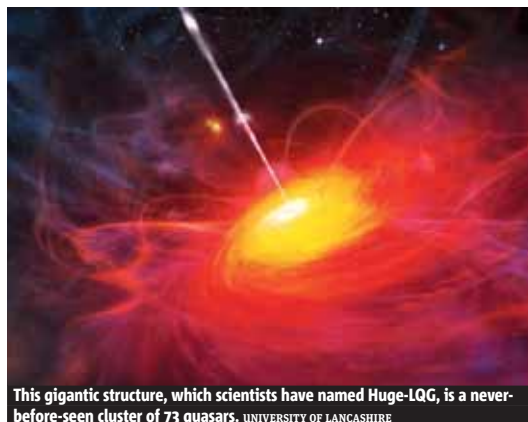
An international team of astronomers has found the largest structure ever in the universe.

The large quasar group is so big, it would take four billion years to cross it, travelling at the speed of light. By comparison, it would take just 2.5 million light years to get to the Andromeda Galaxy, our closest neighbour in the universe.

A staggering leap in size isn't the only piece of cosmic lore the discovery has shattered, however.

"The structure we found is a few per cent, say five per cent, of the size of the observable universe. It becomes hard to say the universe is uniform," lead author Dr. Roger Clowes of the University of Lancashire told Torstar News Service.

The modern theory known



This gigantic structure, which scientists have named Huge-LQG, is a never-before-seen cluster of 73 quasars. UNIVERSITY OF LANCASHIRE

as the Cosmological Principle, the work of Albert Einstein, says the universe is symmetrical: The same in all directions.

"Ours is the most dramatic challenge to that," said Clowes.

What does that mean? It "upsets the foundation of everything we do."

Clinging to the Cosmological Principle "makes life a lot simpler mathematically, so

What is it?

- Large quasar groups are supermassive black holes typically at the centre of galaxies.

people have stuck with it for a long time, although it's never been demonstrated beyond a reasonable doubt."

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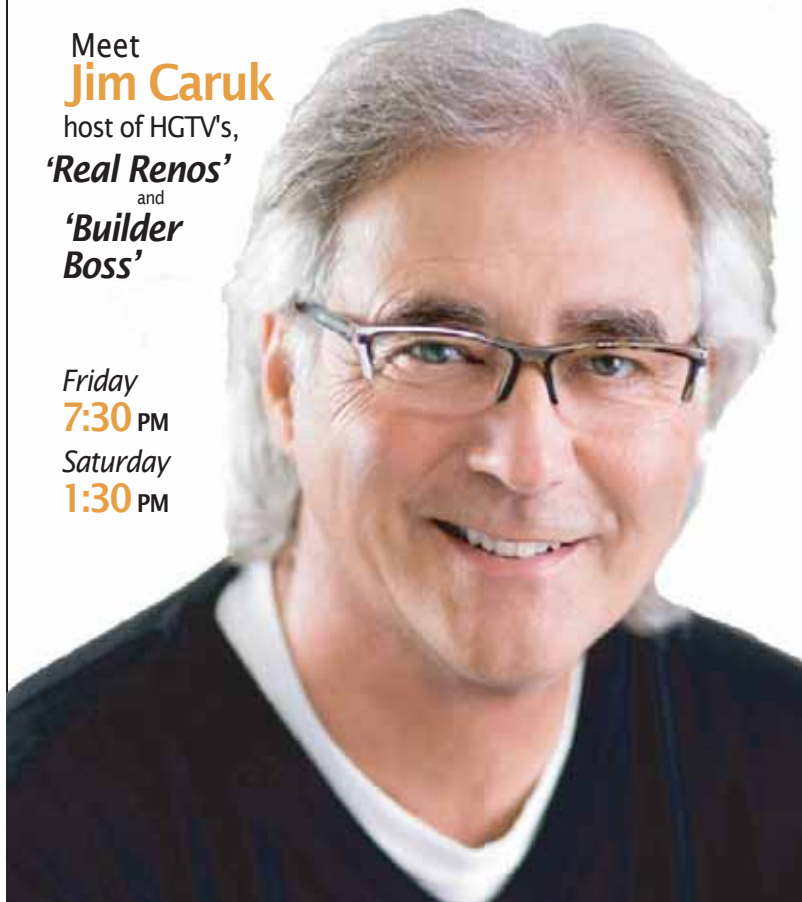
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France needs to borrow our plane a bit longer; could use some cash, too

Trouble in Mali.

French envoy says money is needed from Canada and others to support fight against Islamist extremists

France is looking for financial backing from Canada and the world to support the international military mission in Mali, says the country's Canadian envoy.

Ambassador Philippe Zeller also said Canada's contribution of a C-17 military transport plane could be extended beyond the initial one-week commitment.

"It's possible that this plane, that came from Trenton to south of France, might be used for some more time," the envoy said Wednesday just after his president, Francois Hollande, spoke to Prime Minister Stephen Harper by telephone.

Harper's office made no mention of extending the



Foreign Affairs Minister John Baird, left, hosted a discussion about the situation in Mali Wednesday in Ottawa. The talks were with, from back right, Philippe Zeller, France's ambassador to Canada, Traore Ami Diallo, Mali's ambassador to Canada, and Goran Kouame, Ivory Coast's ambassador to Canada. ADRIAN WYLD/THE CANADIAN PRESS

C-17 mission in a statement about the telephone call.

Zeller told The Canadian Press that his country is grateful for Canada's contribution of a military transport plane

to the Mali mission, but says money is needed to support the international force, which will eventually be buttressed by 2,500 French troops.

"Of course, it's up to Can-

ada," Zeller said in a wide-ranging interview prior to his meeting Wednesday with Foreign Affairs Minister John Baird and the ambassadors from Mali and the Ivory Coast.

Ivory Coast President Alasane Ouattara is current chair of the Economic Community of West African States, a key regional bloc.

THE CANADIAN PRESS

On the ground

Militants try to blend in

French soldiers pressed north in Mali territory occupied by radical Islamists on Wednesday, launching a land assault that was to put them in direct combat with al-Qaida-linked fighters "in one to 72 hours," military officials said.

Their presumed destination was the town of Diabaly, where fleeing residents said Islamist extremists were melting into the population to avoid being targeted by the French.

"They have beards. And they wear boubous (a flowing robe). No one approaches them. Everyone is afraid," said Ibrahim Komnotogo, who was out of town when the militants seized Diabaly over the weekend.

THE ASSOCIATED PRESS

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Helicopter goes down on busy London street

Two dead. Pilot and a man on the ground killed after chopper collided with crane in foggy weather

A helicopter crashed into a crane and fell on a crowded street in central London during rush hour Wednesday, sending flames and smoke into the air. The pilot and one person on

the ground were killed and 13 others injured, officials said.

The pilot had requested to divert to the nearby London Heliport because of bad weather, the site said in a statement.

The company identified the pilot as Peter Barnes, 50, whose career included flying in films such as *Saving Private Ryan* and *Die Another Day*.

"He was a very highly skilled pilot, one of the most experienced in the U.K., with over 12,000 flying hours," said Philip

Sudden panic

"I was 100 per cent sure it was a terrorist attack."

Allen Crosbie, site manager for a landscaping firm working at the scene

Amadeus, managing director of RotorMotion, a helicopter charter business.

Police identified the other fatality as 39-year-old Matthew Wood, from south London.

The crash unfolded at the

height of the morning commute when thousands of pedestrians in the area were trying to get to work. The weather at the time was overcast and misty, with fog and poor visibility, according to the Met Office weather forecasting service.

William Belsey, 25, a landscape worker at the scene, said he heard the impact.

"Luckily the crane operator was late for work.... He picked a good day to be late," Belsey said.

THE ASSOCIATED PRESS



The crash site in Vauxhall, south London. LEWIS WHYLD/THE ASSOCIATED PRESS

U.S. Energy-drink illness a growing danger: Survey

A new U.S. government survey suggests the number of people seeking emergency treatment after downing energy drinks has doubled in the last four years as the industry surged.

From 2007 to 2011, the government estimates the annual number of emergency-room visits shot up from about 10,000 to more than 20,000. Most involved teens or young adults, according to a survey released last week.

The report calls energy-drink consumption a "rising public health problem" that can cause insomnia, headache, fast heartbeat and seizures.

"A lot of people don't

realize the strength of these things. I had someone come in recently who had drunk three energy drinks in an hour, which is the equivalent of 15 cups of coffee," said Howard Mell, an emergency physician in Cleveland.

In 2011, about 42 per cent of the cases also involved alcohol or drugs, such as the stimulants Adderall or Ritalin.

Two senators are calling for the Food and Drug Administration to investigate safety concerns about energy drinks.

The industry says there is no proof linking its products to adverse reactions.

THE ASSOCIATED PRESS

Sex ed

Teacher banned over porn history

A California teacher fired after students learned she had appeared in pornographic movies has been told by a three-judge commission that she can't return to the classroom.

Halas' decision to "engage in pornography was incompatible with her responsibilities as a role model for students," district superintendent Jeff Chancer said in a statement.

THE ASSOCIATED PRESS

Poland

Man tried to name pub after rapist

Polish authorities have cancelled the lease for a cellar pub that was to be named after Josef Fritzl, an Austrian man serving a life sentence for locking his daughter in a basement, raping her and fathering her seven children.

A businessman had planned to open "Fritzl's Cellar" in Warsaw in what he described as a "publicity stunt."

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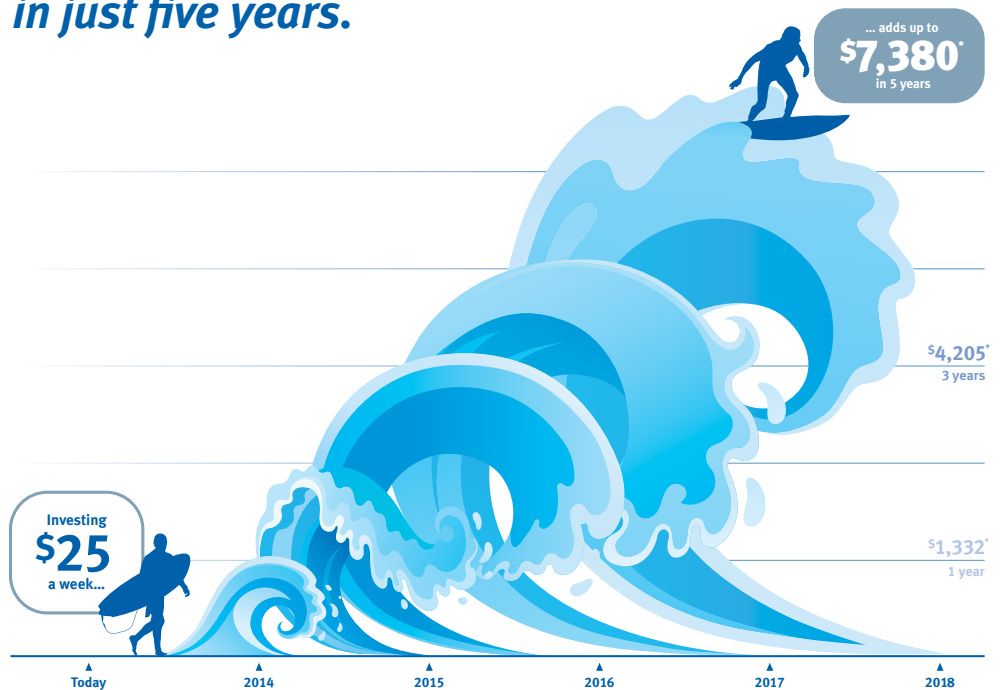
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Panel findings

Applicants with disabilities denied?

Many companies are overlooking a talented pool of disabled workers, a government-commissioned panel has found. Almost 800,000 people with disabilities can work in Canada and almost half of them have post-secondary education.

THE CANADIAN PRESS

Smoking batteries

Boeing 787s grounded over safety concerns

The FAA has grounded the Boeing 787 Dreamliner pending a safety check of the plane's lithium batteries.

For the second time in two weeks, a smoking or burning battery has been tied to an emergency aboard a 787, this time on Japan's All Nippon Airways.

Almost half of the 787s that have been delivered have been grounded for safety checks. And the latest incident raises the risk that the jet's electrical problems are more dangerous than previously thought.

The Dreamliner has been beset for more than a week by one mishap after another. **THE ASSOCIATED PRESS**

Cirque du soleil to let go of 400 staff

Blame the loonie.

Company says they had a record year, but no profit due in part to production costs

The strong Canadian dollar, surging production costs and the worldwide economic downturn are all being blamed by Cirque du soleil for its decision to lay off 400 employees.

Most of the layoffs will be at the artistic giant's Montreal headquarters.

Company spokeswoman Renée-Claude Ménard moved to dispel speculation the Cirque is flailing. "The first thing to say is that the circus is not in crisis," Ménard told a news conference Wednesday. "Let's get that straight."

"We had a record year in terms of tickets sold. We sold more than 14 million tickets this year. We had a record year for total revenue, with more



Performers from Cirque du soleil perform at the 84th annual Academy Awards last year in Hollywood. GETTY IMAGES

than \$1 billion."

Despite that, Cirque didn't make money, Ménard said. She said the powerful loonie hit Cirque hard in that its profit is affected by nearly \$3 million for each cent the currency gains against the U.S. dollar.

Cirque employs about 5,000 people worldwide, including

2,000 in Montreal.

It still has 19 productions worldwide and is currently working on a new show that will open in May in Las Vegas. Another touring production that will open in the spring of 2014 is also in the works.

Cirque's performances have played to an estimated

15 million people since it was founded by street performer Guy Laliberté in 1984.

It has undertaken several years of unprecedented expansion amid the world economic meltdown in 2008, but has been forced to close four shows in the last couple of years.

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GET YOUR FLU SHOT, JACKASS



HE SAYS...
John Mazerolle
metronews.ca

Flu season might seem like it's almost come and gone, but there's still time to get a flu shot, you big jerk.

Yeah, you heard me.

I'm insulting those of you who

haven't received your flu shots yet — you doofuses or, if you prefer, doofii — because I figure if you haven't been jabbed yet, you're probably not going to get the late-but-still-effective poke due only to the gentle prodding of health-care providers. What you need is someone to needle you.

So get a flu shot, jackass.

And make no mistake: By not getting a flu shot you're being a jackass — a risk-taking, disease-spreading, conspiracy-minded (or maybe just lazy) jackass.

Take one for the team

Here's what I think: If you don't get your flu shot, maybe you're not that bright. Maybe you're the type of person who snickers when they read that something was published in the Annals of Family Medicine.

Here's what I think: If you don't get your flu shot, maybe you're not that bright. Maybe you're the type of person who snickers when they read that something was published in the Annals of Family Medicine.

Or maybe you base your health decisions on a YouTube video of a 1993 news report showing that a lone person in Iowa once got sick from a flu shot, which always makes me wonder what you think of, you know, food — what with the choking and the poisoning and the parasites.

Or maybe you're the sort of person who reads this TMZ tweet — "Hugh Jackman (says) flu shots don't work. Center for disease control says otherwise. Which side do you believe?" — and hasn't answered by the time they've read "Jackman."

Or maybe you just haven't gotten a flu shot because you're a sensible person who hasn't gotten around to it. Fine. Then here's why you need to get it:

- **The flu shot helps.** Estimates this year are that it cuts your risk in half. That means I'm 50 per cent less dangerous than you are and 3,000 per cent more intelligent.
- **The flu shot is necessary.** You can't get by just with hand-washing — not in a cruel, unsanitary world where many public bathrooms still have that towel-imitating cloth-thing that dangles down from a dispenser daring you to touch it. Most people just frown at it, their hands dripping, wondering what heinous acts might have been performed on it, only to leave it there, filthy, yet probably touched only 15 times, tops, since it was installed in 1973.
- **The flu shot saves lives.** Thousands — tens of thousands — of people die on average every year in North America because of the flu, and like most illnesses, it's particularly harsh on our most vulnerable, including our humour columnists, who don't get paid if they're too sick to go to work.

So I'm not trying to be holier-than-thou. I'm trying to drive home that I don't want the old, the young and infirm to get sick or worse, because they caught the flu from selfish, crazy you. In other words, I only complain because I care about you, want the best for you and, yes, maybe even love you.

You jackass.



Go on, get your flu shot. JESSICA KOURKOUNIS/GETTY IMAGES

A storm is a-brewin'



DAIMLER AG/CONTRIBUTED

Man-made weather

Artificial tornado fights fires indoors

It's famous worldwide for making robust Mercedes cars, and now German automobile producer Daimler seems adept at making weather. The Mercedes-Benz Museum in Stuttgart houses "the world's strongest artificially generated tornado." The 34.4-metre-high cyclone serves to eliminate smoke in the event of a fire. **METRO**

Artificial tornadoes

Energy firm could whip up a storm

Apart from quelling fires, man-made tornadoes could be used in producing energy. Canadian firm AVEtec Energy Corporation has developed a four-metre-diameter prototype that is designed to produce a 40-metre-high cyclone. The vortex would capture mechanical energy produced when heat is carried upward by convection in the atmosphere. **METRO**

Faking it

Man creates clouds for art's sake

Artificial weather phenomena has also entered the realm of the art world.

Dutch artist Berndnaut Smilde has created miniature clouds using a smoke machine, combined with indoor moisture and dramatic lighting to create an indoor cloud effect.

Smilde has described it as a "cartoon-like visualization of bad luck." **METRO**

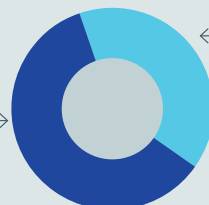


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@EmilyRiddle: This whole city is an ice rink today. Not worth yesterday's plus seven temperatures. #yeg

@danikamcdee: I love the humidity in the air, #yeg. My skin and bones appreciate the break.

@NickMacKg: I truly hope the people of #yeg know I'm not drunk and swerving to avoid pot-holes #yegtraffic #pleasedontcallcops

@kailishore: Some guy just paid his entire bus fare in dimes #yeg

@edgirlabouttown: For the first time in...well maybe ever, my sidewalks aren't the worst on the block! Thx to #yeg #spring

@Arbital: It's 2013 now; can I go to a restaurant and just order a giant bowl of beets yet? #yegfood #yeg #fb



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30 Rock writers have been watching great TV finales to prep for their own sendoff. HANDOUT



What will happen in the bizarre world of Fringe? HANDOUT

2 SCENE

Going out with a bang

Finale fodder. The pressure is on as 30 Rock and Fringe get ready for their final farewells this month

There's an implicit promise every long-running TV show makes to its loyal viewers: When the time comes, favourite storylines and characters will bid farewell with an exhilarating, satisfying finale.

For those that fail to make good on that promise, the wrath of online ranters and watercooler critics awaits — and in this day and age, that griping can linger for years. (Anyone looking to debate the merits/shortcomings of the *Lost* and *Battlestar Galactica* finales

should have no trouble igniting a lively back-and-forth out in the ether.)

Next year, beloved series including 30 Rock, *Breaking Bad*, *The Office*, *Fringe* and *Less Than Kind* wrap their runs. Will they be satisfying conclusions? "The expectations are high on how this is going to end," *Breaking Bad* star Bryan Cranston notes of his grim AMC drug saga, adding he's happy to let that weight fall solely on the shoulders of writer-creator Vince Gilligan.

"The pressure really is all on Vince Gilligan. He should (have) and deserves the lion's share of the praise by far. And he has the lion's share of the responsibility. My hope is that he is able to find the nuance that he wants to bring to the finale."

Of course, the most memorable finales tend to be of

either two extremes — the ones we love (who didn't adore the Newhart ending?) and the ones we hate (the *Seinfeld* finale stands as a disappointing series low).

Then there are the ones that just plain confuse us until they gradually settle into one of the two camps (David Chase still finds himself on the hotseat over *The Sopranos* ending).

30 Rock creator and star Tina Fey says she's determined to end her NBC/Citytv show on a high, with a series finale that airs Jan. 31.

"We've been trying to watch great TV finales, one a day, in our writers' room and we cry at all of them," Fey said on the red carpet of the Emmy Awards last year.

"Like, the other day, the staff started crying when *Frasier* took his dad's chair out. So

yeah, we feel pressure not to blow it."

At least Fey and Gilligan have the advantage of knowing well in advance their show is coming to an end. So many shows are cancelled before writers have a chance to craft a proper farewell.

"I'm a sci-fi fan and it just drives me crazy when you get to the story and it's just, snap, the end, rather than a grand finale," says *Fringe* star Joshua Jackson, who promises a solid conclusion to his mind-bending Fox/Citytv serial, which airs this Friday.

"We get our grand finale. And hopefully it will be satisfactory to the people who have come with us on the journey."

Nothing frustrates TV fans more than an abrupt end to ongoing storylines. No one wants to see a great show end on an

The end is nigh...

- **30 Rock.** The series finale airs Jan. 31.
- **Fringe.** The series finale airs this Friday.

ambiguous note, or worse, close on a cliffhanger that will never be resolved because the show was suddenly cancelled.

Such was the case with *ALF*, the '80s sitcom about a wise-cracking alien that ends with the worst possible scenario for its fun-loving hero: After spending the entire series in hiding, *ALF* is caught by the Alien Task Force, presumably to be tortured, killed and dissected. (ABC aired a follow up TV movie six years later where *ALF* escapes.) **THE CANADIAN PRESS**

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The Silver Lining and Hunger for fame

Interview. Jennifer Lawrence speaks to Metro about adjusting to the limelight and how she has managed to stay grounded

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Metro World News

Talking to Golden Globe winner and Oscar nominee Jennifer Lawrence is always a treat, as she's the rare young actress who talks frankly and honestly about whatever she feels like without a hint of media training.

Here are some pearls of wisdom from our latest chat with the Silver Linings Playbook and Hunger Games star.

On adjusting to stardom
I feel so bad for Emma Stone, because she's where I was a few months ago. When it first happens, it's horrible because your entire life flips upside down and the entire planet starts treating you differently, and it's really hard to adjust and get used to, but then you get through it.

People told me that it would come in waves, and they were right.

I texted Emma yesterday and I was like, "I'm walking down Rodeo Drive. Nothing!" And she was like, "The audacity!" (laughs). But yeah, there are bad days and there are good days.

On what she's learned from

Bradley Cooper

He was the one who told me I can't go to Whole Foods (anymore), and I tested it and he was totally right. The paparazzi, they're like at every Whole Foods, it's insane. I had to say goodbye to Whole Foods. It's fine, I can get friends to get my groceries. I dipped my foot in the water and I was like,

"You know what, you buy me groceries. I don't want Whole Foods to call the police again."

On trying to gain weight for Silver Linings Playbook

I was supposed to, but I was also dancing two hours a day. I kept trying to explain that to (director) David (O. Russell), because he was like,

"You're not getting fatter."

I had a Philly cheesesteak I think every day. They're on every street corner and they're delicious. And then at the end when I finally slowed down the dancing, it was like, "Yeah, I'm looking pretty good, right? Look at this." And then David's like, "Yeah, you're going to be in a tube top."

Quote

"He was the one who told me I can't go to Whole Foods (anymore), and I tested it and he was totally right. The paparazzi, they're like at every Whole Foods, it's insane."

Jennifer Lawrence
On what she's learned from Bradley Cooper.

On trying to stay grounded

I still want the same life that I grew up with. I still want a family, a normal family. I will have to make a couple of adjustments (because of my career). I'm at peace with myself because I think that maybe not having to deal with years of rejection at such a young age — I think that could definitely be damaging.

I can't imagine letting my young child go through something like that.

There were times when I was doing a movie once that was really emotionally hard for me.



Actress Jennifer Lawrence is a Golden Globe winner and Oscar nominee. CHRISTOPHER POLK/GETTY IMAGES

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Boys beware, the Girls are back in town

HBO show. Lena Dunham speaks about keeping her creative process clear of the expectations of fans and the network

MEREDITH ENGEL
Metro World News

We're sitting across from Lena Dunham, comparing chipped manicures. In that moment, it's almost as if she's just your average 26-year-old. But Dunham — the creator, director, executive producer, writer and star of HBO's wildly successful *Girls* — is anything but.

Last season, critics and viewers alike were smitten with Dunham's fresh take on the lives of 20-somethings in New York City. As she put together Season 2, which is now airing, Dunham says she wasn't fazed by everyone's expectations.

"I know that would be an easy emotion to get in touch with if you let it run wild, but I really wanted to keep the environment safe for everyone on set," she says.

"I really wanted to also not start using Twitter or fan reaction to sculpt the story. You want to keep everyone engaged and give them what



Lena Dunham and Jemima Kirke star in the smash hit series *Girls* on HBO. JESSICA MIGLIO

they came for, but you need to push for it creatively."

Inside her creative bubble, Dunham can steer clear of what people are saying about the show.

"I tried to keep a lot of it out. It's hard, obviously — all the sort of, like, sociopolitical debate around it gets exhaust-

ing," she says, acknowledging somewhat the criticism about a lack of diversity in the cast. "You want to satisfy everyone but also keep yourself safe from that kind of constant scrutiny."

But she did appreciate the positive notes she received from viewers.

"It's nice to know which characters people respond to, and that people are excited about the Hannah/Adam relationship, and I wanted to push that forward," she says. "But I felt lucky that I was still able to stay isolated and just keep moving."

And keep the show mov-

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ing she does. This season brings a new boyfriend for Hannah and new work problems for Marnie, plus life adjustments for the recently wed Jessa and newly de-virginized Shoshanna.

And though the characters are in a constant state of 20-something flux, Dunham does think that one of her girls has herself figured out a bit more than the others.

"It's funny, I used to think it was Marnie — that seemed like the obvious answer," Dunham says of the preppy art gallery employee.

"But I'm gonna say some-

thing crazy, which is that in some ways I think Jessa is, like, the most self-actualized person. She is so in touch with her core that it's like, yes, sometimes she goes off to France without notice, but that's because she's in touch with the part of herself that isn't happy where she is."

Wherever the characters find themselves this season, viewers can expect at least one thing: envelope-pushing. Says Dunham,

"I think we actually got a little more experimental because we kind of felt like, let's push this even further."

Interview. The ongoing balancing act of actor Andrew Rannell

HBO's star of *Girls* and NBC's *The New Normal* Andrew Rannell speaks to Metro about switching gears between two shows, tough bosses and dishes on working on the shows.

You're on *Girls* as well as NBC's *The New Normal*.

Totally different shows. ... Girls could not be more different and so exciting.

And *Girls* is your first show?

I mean, truth be told, I did one episode of *Sex and the City* as a headless stripper. It was when Charlotte started having sex with Harry and Mario Cantone takes Charlotte to a gay bar and the scene starts, like, on a naked torso and it's mine. But I don't really count that because *Girls* was the first time I actually got to speak on television. You actually saw my face.

Is it hard switching gears between the two shows?

Initially it was a little tricky because I get to improvise a little bit over (at) *The New Normal*, and my instinct is always to curse, which (on *Girls*) was completely acceptable, and not at NBC. I remember improvising something — I was like 'Well,

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that's f—ed,' and then they looked at me like, 'Andrew, you can't.'"

Who is the tougher boss: Lena Dunham, or *New Normal* director Ryan Murphy?

I wouldn't say either of them are tough. They're actually really similar in a lot of ways. They both have really clear visions of what they really want, which is awesome to work with. Theatrically, with my experience, you can work

with people who are kind of trying to figure it out and that gets a little tedious because then you feel like you're just spit-balling forever. But Lena and Ryan both have such clear visions of what they do and such a strong sense of what their voice is that it makes it really easy to get on board with their vision.

This season you and Hannah become roommates. Are you a good duo?

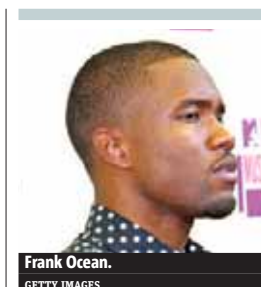
Yeah, in this first episode we really are starting off as perfect roommates, and it looks very idyllic, and then it sort of takes off from there. But I think that initially Elijah and



Hannah are very good roommates.

Will there be a crash and burn?
Maybe!

MEREDITH ENGEL/METRO WORLD NEWS



Frank Ocean.
GETTY IMAGES

Ocean among GLAAD Media nominees

GLAAD has named the film *Cloud Atlas*, AMC's reality show *Small Town Security*, and the New Yorker magazine among its nominees for the 24th Annual GLAAD Media Awards. The Gay & Lesbian Alliance Against Defamation announced on Wednesday 120 nominees in English-language categories and 33 nominees in Spanish-language categories.

Other nominees include the NBC shows *Smash* and *The New Normal*, Frank Ocean for his Channel Orange album, the magazine *People en Español*, and Oprah Winfrey's interview with Neil Patrick Harris and partner David Burtka.

THE ASSOCIATED PRESS

Tattoo number two for Bieber in 2013

Justin Bieber's tattoo habit is insatiable. The 18-year-old singer has already gotten his second piece of body art of 2013, a set of Roman numerals across his collarbone, as revealed in an Instagram photo he posted of himself and producer Jamal Rashid, who got the matching digits on his bicep. In a comment on the photo, Rashid claims the numerals, "I IX VII V," stand for 1975 and have some spiritual meaning, though Bieber hasn't offered an explanation as to the meaning. In any event, if it's meant to be the year 1975, it should be "MCM-LXXV."



Justin Bieber. ALL IMAGES GETTY



Lindsay Lohan

Lohan 'caused \$50,000 worth of hotel damages'

Lindsay Lohan reportedly did enough damage to her room at the W Hotel in New York's Union Square last summer that she's no longer welcome in the hotel, according to Us Weekly. "Her suite had so many

cigarette burns, they had to change all the carpets. She did at least \$50,000 worth of damage while partying," a source says. "She is not allowed back at any W hotel in NYC, ever."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Prince Harry named world's most eligible bachelor

He may be trouble-prone and lack his older brother's line of ascent to the British throne, but Prince Harry still beats out George Clooney to be named Town & Country magazine's Most Eligible Bachelor in the World for 2013. "He's the wild-card royal, the

naughty one, the one who goes out with women, hangs out with a fast crowd, downs too many drinks, and goes home at the wrong moment. That's why we all like him best," the magazine's editors say. "Harry might not possess a towering intellect — he was a lackadaisical student at Eton, and he skipped university to go to Sandhurst, the English equivalent of West Point — but he is cooler and more appealing than his older brother, sweet as William undoubtedly is."

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Elton John and David Furnish.

Elton John and husband David Furnish celebrate birth of second child

Elton John and David Furnish are parents once again, welcoming their second son, Elijah Joseph Daniel Furnish-John via surrogate late last week in Los Angeles, the singer announced on his website. "Both of us have longed to

have children, but the reality that we now have

two sons is almost unbelievable," John and Furnish tell Hello! magazine. "The birth of our second son completes our family in a most precious and perfect way. It is difficult to fully express how we are feeling at this time; we are just overwhelmed with happiness and excitement." The boy's birth comes just one day after John's rep was flatly denying reports that the couple was expecting another child.

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ANNASOPHIA

In *The Carrie Diaries*, the television prequel to *Sex and the City*, AnnaSophia Robb stars as a 16-year-old, pre-Manolo, pre-Big Carrie Bradshaw — in 1984.

STEPPING INTO ONE STYLISH PAIR OF SHOES

ROMINA MCGUINNESS
life@metronews.ca

On putting the makeup on...and taking it off

"I don't really wear makeup anymore. I kind of stopped because when I'm working, I have it on for up to 15 hours a day. So on the weekends or before work, I only put on moisturizer."

'80s makeup — yay or nay?

"Eighties makeup was just a

bunch of colours and crazy neon. I don't know if I love it. The blush was really strong and bright and if you didn't have the skin tone to pull it off, it was way too heavy. But, if you put a piece of paper on your cheek to create that hard, drastic line, that look can be fun."

Her beauty mantra

"Look after your eyebrows! I was given an eyebrow brush on a job once that I still use to this day. My friends make fun of me, but I love it. When I was younger my mother taught me how to apply blush. Get it wrong and there'll be way too much colour and you'll just look

warm. Using bronzer is best."

The secret to nailing Carrie's hair: a wig

"I naturally have straight hair, which takes about two hours to curl, so it's faster for me to wear a wig. Carrie wears a lot of updos on the show, so we've been able to use a lot of fun accessories, banana clips and pins."

If she could raid one SATC closet she'd choose...

"Carrie's. I loved the skirts. She has a wild sense of style."

He's Daman. Designer takes couture-loving character back in time

Eric Daman worked with Pat Field to dress Carrie Bradshaw for *Sex and the City*. Now, the costume designer's dressing her again, albeit a teenage, 1980s version, in the prequel *The Carrie Diaries*. He talks about how he created the wardrobe for her teenage, 1980s life in *The Carrie Diaries*.

The wardrobe was such an important part of *Sex and the City*, it was practically its own character. How much pressure did you feel sourcing the young Carrie's closet for the new show?

I was actually quite stressed out by the thought of having to take on such an over-

whelming task. But I was elated to be able to breathe new life into such an amazing fashion icon. The best part of it for me is being about to relive my coming of age '80s angst, from when I was a teen in the Midwest dreaming of a life in New York City.

You've worked with both Carries — Sarah Jessica Parker and AnnaSophia Robb. How do they differ in their approach to her fashion choices?

The approaches are very different. We have to remember that this Carrie is a teenager who goes to public school. She will stay true to her idiosyncratic style, not giving in to pre-determined trends but making her own. So in that sense, there's a similarity.

ROMINA MCGUINNESS/METRO



Eric Daman is also known for styling the cast of *Gossip Girl*. PROVIDED

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Iconic white dress

Styles of 2013 wedding gowns draw on traditional shapes and fabrics

STEPHANIE
ORFORD
For Metro

The bride in a white dress is an icon in our culture. Though the wedding may be a very public affair, the dress is a very personal decision. Luckily, there are styles out there to suit every taste.

"We really grow the styles from season to season," says Penina Levinson, fashion co-ordinator at Paloma Blanca, a Toronto-based wedding gown design house, and its sister line Mikaella Bridal.

The styles of 2013 draw on traditional shapes and fabrics.

Lace

This intricate fabric is hip again, lending subtle pattern and texture to this year's wedding gowns. At once concealing and revealing, lace can be used in many ways.

Levinson cites ways to update the look of traditional lace, such as lining it with a different colour to make the lace pattern "pop out."



Mikaella Bridal all lace gown.
MIKAELLA BRIDAL PHOTO



Paloma Blanca illusion neckline gown. PALOMA BLANCA PHOTO



Mikaella Bridal ruffle skirt gown.
MIKAELLA BRIDAL PHOTO

Paloma Blanca gowns this season use lace in several different ways. On a fitted gown with a sweetheart neckline, lace draws attention to the body's curves. A dress with a ruched lace bodice defines the waist with a ribbon. Many of Paloma Blanca's veils and boleros have lace edging that complement the dress.

Ruffles

Paloma Blanca has incorpo-

ated ruffles into its dresses since 2010, "but they've been redeveloped every season," says Levinson.

In 2013, a loose, light-weight ruffle adds volume to skirts, combining with curve-hugging bodices and waist-defining ribbons to create a feminine silhouette. "You have kind of your classic ball gown in the shape, but it's a little more fun and flirty and young," Levinson says.

Peplum

Currently cropping up in casual dresses, shirts and jackets for women, the peplum has made its way into bridal fashion, "for a fashion forward bride," Levinson says. The style creates a flare outward from the waist to the hip.

"It makes your waist look tiny," Levinson says.

People can be intimidated by the bold style, she says, "but once they try it on it looks really good on."

Keyhole Backs

This dress style provides an elegant way to balance out covered shoulders by revealing something else — the back.

In a keyhole back, sheer shoulder coverings button at the top of the back and open up in a window below.

"If somebody wanted a little coverage for the ceremony, this is an interesting way to be able to do it," Levinson says.

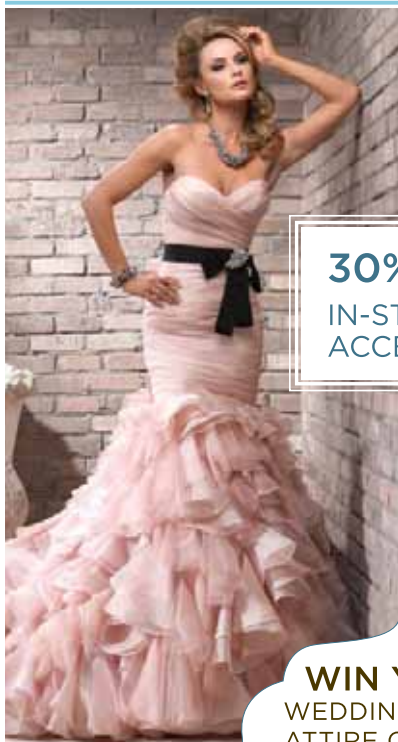
Regardless of the style, a wedding gown should always fit snugly, especially if it's strapless, Levinson advises. "But most of all a dress should make the bride feel beautiful and like a queen."



Paloma Blanca all-lace gown. Lace is hip again, lending subtle pattern and texture to this year's wedding gowns.

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2013: Evil green decor trend



DESIGN CENTRE
Karl Lohnes
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Each new year the decor industry picks a single colour trend that will influence the home furnishings and fashion market.

Last year, the colour was called tango tangerine, a bright, pinkish-orange that was upbeat, fun and optimistic. We saw orange peek into some home decor accessories and used a lot in fashion over

the last year.

This year, the new colour is emerald green. It's certainly an easier colour to incorporate into home decor than tango tangerine. This green is a throw-back to the glamorous '80s; when the dark jewel-toned colours reigned for that very short time.

Although green is a popular colour to decorate with, any deep colours other than neutrals are almost impossible to incorporate into our existing schemes. If emerald green is a colour you have always loved, then this is your year. For the

rest, I say do not get caught up in the hoopla-ha of it all. In about 300 days there will be a new colour introduced and perhaps that one will be more fitting to your decor style. If you want to give it a try, here's a few ways to incorporate the colour into your decor scheme.

Use it as the single colour in the room (mixed with an all-over neutral)

Pay homage to this year's trendiest colour by singling it out as the only colour in a room. An all-grey or beige room will come to life with

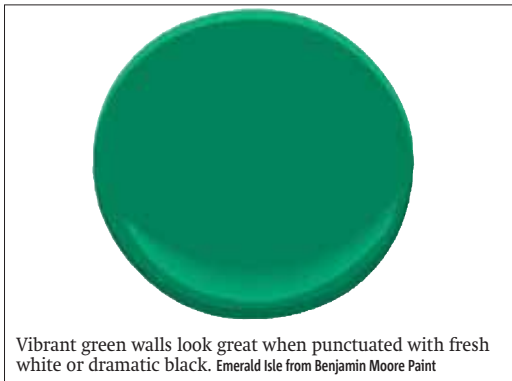
bold uses of this rich green colour.

Go big and make everything emerald green

From carpet, paint colour and upholstery, choose variations of emerald green to create a jewel box of colour in a dining or guest room.

Use it as a little spark of colour

Not sure about emerald green? Perhaps a tiny investment of this colour will make you feel on-trend without committing to it for life. A small stone catch-all box, vase or a silk pillow might just do the trick.



Vibrant green walls look great when punctuated with fresh white or dramatic black. Emerald Isle from Benjamin Moore Paint

Ottoman Yama Patchwork Rug, \$15/square foot

Emerald green works itself better into a room when mixed with other tones of similar colours.
eCarpetGallery.com



Emerald upholstery is a commitment best left to disposable slipcovers.
Photo: Supplied

Siirtolapuutarha Cushion, \$59

A dash of green is the best way to implement this year's colour into your existing decor scheme. EQ3.com



Learn to avoid pesticides

What are the dirty dozen and the clean 15?
-Jen, Port Moody, B.C.



QUEEN OF GREEN
Tovah Paglaro
green@metronews.ca

The dirty dozen and the clean 15 refer respectively to the fruits and vegetables that are the most and least contaminated by pesticide use, according to the Environmental Working Group.

Why do we care?
Pesticides are toxic by design. Different pesticides have been linked to a variety of health problems, including hormone disruption, cancer and brain toxicity.

But for most people, switching to organic produce is a gradual process. Because organic foods tend to be more expensive than their counterparts, making informed choices in the produce aisle helps minimize pesticide consumption while keeping the budget in check.

Should you avoid the dirty dozen?

Absolutely not! Fresh fruits and vegetables are always a healthier choice than processed foods. Besides, non-organic processed foods are sure to contain a slough of chemicals too. Instead, let the guide dictate your allocation of organic versus non-organic purchases.

Why eat organic food?
All of this opens up a bigger discussion about the choice to eat organic food — and the reasons that not everyone does. Often, the decision comes down to bottom line.

Non-organic foods cost less money. But there are other



Apples top the list of most likely to be contaminated by pesticide.
ISTOCK IMAGES

costs — hidden costs — that have to be considered too. These include abstract factors like the cost of demanding more from the earth than it can produce and the long-term health costs associated with ingesting chemicals. Also included are tangible variables, like the government subsidization of industrial agriculture and our relative comfort (or discomfort) with foreign investment in commercial Canadian agriculture.

There are also ways to offset the increased out-of-pocket expense incurred by prioritizing organic foods.

Committing to cooking

Contamination list

The Dirty Dozen

Apples, celery, sweet bell peppers, peaches, strawberries, nectarines, grapes, spinach lettuce, cucumbers, blueberries, potatoes

The Clean 15

Onions, sweet corn, pineapples, avocado, cabbage, sweet peas, asparagus, mangoes, eggplant, kiwi, cantaloupe, sweet potatoes, grapefruit, watermelon, mushrooms

whole foods from scratch can largely counteract the cost of organic food purchases.

Change takes time. The dirty dozen and clean 15 lists are a resource to help you make the best choices for your health and for the earth, whatever your current budget or state of greenness

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Forget the soups and stews, how about some fresh cannelloni?

If you haven't used your slow cooker for baked pasta dishes, you'll find they turn out well due to the slow gentle heat. Use oven-ready cannelloni for this recipe from Best of Bridge Slow Cooker Cookbook. It stands up better to the long, moist cooking than fresh or regular dried pasta.

1. Grease insert of a 3 1/2- to 4-quart slow cooker.

2. In a bowl, whisk together tomato sauce and milk. Spread 250 ml (1 cup) of the sauce mixture in bottom of slow cooker.

3. In another bowl, whisk together salt, nutmeg, pepper, egg, ricotta and Parmesan. Stir in sweet potato and spinach. Using fingers, fill cannelloni shells with ricotta mixture. Place filled shells side by side in slow cooker, making 2 layers if necessary. Pour remaining sauce over shells.

4. Cover and cook on low for about 6 hours or on high for about 3 hours, until bubbling.

Ingredients

- 750 ml (3 cups) tomato sauce
- 250 ml (1 cup) evaporated milk
- 2 ml (1/2 tsp) salt
- 1 ml (1/4 tsp) ground nutmeg
- 0.5 ml (1/8 tsp) pepper
- 1 egg, lightly beaten
- 300 ml (1 1/4 cups) ricotta cheese
- 50 ml (1/4 cup) grated Parmesan cheese
- 300 ml (1 1/4 cups) grated peeled sweet potato
- 250 ml (1 cup) packed baby spinach, chopped
- 12 oven-ready cannelloni shells
- 250 ml (1 cup) shredded mozzarella cheese

Sprinkle with mozzarella. Cover and cook on high for about 15 minutes or until mozzarella is melted. **BEST OF BRIDGE SLOW COOKER COOKBOOK BY SALLY VAUGHAN-JOHNSTON & THE BEST OF BRIDGE PUBLISHING LTD. (ROBERT ROSE, ROBERTROSE.CA, 2012)/ THE CANADIAN PRESS**

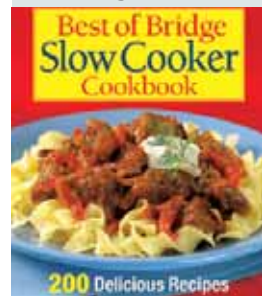
Sweet Potato Cannelloni



This recipe serves four. THE CANADIAN PRESS H/O

Cookbook of the Week

Slow it right down



Sally Vaughan-Johnston and Best of Bridge are back with this collection of recipes specifically for the slow cooker.

Full of dishes that make meal preparation quick and easy, with ingredients that can be found at any local supermarket across North America, this collection features everything from the perfect choice for your next neighbourhood potluck to elegant appetizers, breakfast and brunch ideas to delectable desserts.

The recipes are categorized into: All-Day Breakfast; Nibbles, Dips and Drinks; Soups, Beef and Veal, Pork and Lamb, Chicken and Turkey, Meatless Mains, Sides and Accompaniments and Desserts. **METRO**

Make the slow cooker do part of the work



This recipe serves four. THE CANADIAN PRESS H/O

Your slow cooker can prepare part of a recipe. Here, the appliance is used for polenta, a versatile Italian grain dish made by cooking cornmeal in broth or water, which is then transformed into a hearty vegetarian entree. Start the Vegetable Polenta Casserole meal with a salad.

1. Grease insert of 3 1/2- to 4-quart slow cooker. Grease 33-by-23-cm (13-by-9-inch) baking dish. Place cornmeal, salt and pepper in prepared slow cooker. Gradually add boiling water, whisking constantly until blended.

Cover and cook on low 2 to 3 hours, until liquid absorbs and cornmeal is tender.

2. Transfer slow cooker insert to a heat-resistant surface. Stir in cream cheese, 175 ml (3/4 cup) mozzarella and 50 ml (1/4 cup) Parmesan. Spread two-thirds of polenta in prepared baking dish; set aside.

3. Heat oven to 200 C (400 F). Then in skillet, heat oil over medium heat. Add onions, red pepper, garlic and mushrooms; cook, stirring occasionally, 5 minutes. Stir in pasta sauce. Spread over

polenta in baking dish. Drop remaining polenta by spoonfuls over top. Sprinkle with remaining mozzarella and Parmesan. Bake, uncovered, for 25 mins., until heated

through and browned.

BEST OF BRIDGE SLOW COOKER COOKBOOK BY SALLY VAUGHAN-JOHNSTON & THE BEST OF BRIDGE PUBLISHING LTD. (ROBERT ROSE, ROBERTROSE.CA, 2012)/ THE CANADIAN PRESS

Ingredients

- 250 ml (1 cup) cornmeal
- 2 ml (1/2 tsp) salt
- 0.5 ml (1/8 tsp) pepper
- 750 ml (3 cups) boiling water
- 125 g (4 oz) cream cheese, cubed and softened
- 250 ml (1 cup) shredded mozzarella cheese, divided
- 125 ml (1/2 cup) grated Parmesan cheese, divided

- 15 ml (1 tbsp) vegetable oil
- 2 onions, thinly sliced
- 1 red bell pepper, sliced
- 4 cloves garlic, minced
- 750 ml (3 cups) sliced mushrooms
- 500 ml (2 cups) tomato-based pasta sauce

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Sweet potatoes and kale: a match made in heaven

1. Heat the oven to 400 F.

2. Remove outer layer of papery skin from heads of garlic. Slice off 1/4 inch from narrow end of each. Place each, cut side up, on square of heavy-duty foil. Drizzle with olive oil then sprinkle with salt. Wrap foil loosely up and over garlic heads, roast 1 hour. Remove and let cool.

3. Meanwhile, prick sweet potatoes with fork, then rub with oil. Add to oven and bake

Ingredients

- 3 heads garlic
- Olive oil
- Kosher salt
- 4 large sweet potatoes
- 2 tbsp unsalted butter, room temperature
- Pinch dried sage
- 1 large shallot, chopped
- 1 bunch (5 oz) baby kale
- 1/2 cup grated fontina cheese
- Ground black pepper, to taste
- 1/2 to 1 cup shredded white cheddar or Gruyère cheese

for 50 to 60 minutes, or until tender.

4. Once garlic has cooled enough to handle, remove cloves from skins. Most efficient way to do this is to squeeze whole head from bottom. In food processor, combine garlic, butter, sage and a pinch of salt, then pulse until chopped and combined. Set aside.

5. 15 minutes before potatoes have finished, in a medium sauté pan over medium-high, heat 1 tablespoon of olive oil. Add the shallot and sauté until soft, about 4 minutes. Add the kale, and sauté for a few minutes, stirring constantly, until tender. Set aside.

6. When potatoes have finished baking, remove them from the oven and let them cool until easy to touch. Leave the oven on. Cut the potatoes lengthwise down the middle and scoop out about half of the flesh from each, making sure to keep a thick layer of sweet potato within the skin so that it can stand on its own.

7. In bowl, mash sweet potato, roasted garlic mixture and fontina cheese. Season with salt and pepper.

8. Divide filling between each potato, spooning it into the shell of each. Top with shredded cheese, hot sautéed kale.

9. Arrange the potatoes on a baking sheet and return to the oven until hot, about 15 minutes. They also can be microwaved for 2 minutes. Serve hot.

THE ASSOCIATED PRESS/ ELIZABETH KARMEI, A GRILLING AND SOUTHERN FOODS EXPERT AND AUTHOR OF SOAKED, SLATHERED AND SEASONED.



This recipe serves eight. MATTHEW MEAD/ THE ASSOCIATED PRESS

Two-Potato Pancake. Tender meets crispy



1. Fill bowl with ice water. Using medium holes on box grater, grate all potatoes, add to ice water and set aside. Use fine holes on grater to grate onion.

2. Drain potatoes well, squeezing out as much water as possible. In bowl, combine potatoes with onion. Squeeze again to remove as much moisture as possible. To do this, grab mix, a handful at a time, squeeze over the sink and transfer to a dry bowl. When all of mix has been squeezed, add eggs, flour and a bit of salt (start with 1/2 teaspoon.) Mix well and set aside.

3. In a large, deep sauté pan over medium-high, heat about 1/4 inch peanut oil to 360 F. To test oil, drop pinch of flour into oil. If ready, flour should sizzle and brown almost immediately. While oil heats, set wire rack over rimmed baking sheet. Heat oven to 350 F.

4. Working in batches and using 3 tablespoons of potato mix per pancake, drop batter into oil. Do not crowd pan. Flatten each with spatula and fry

for 4 mins. per side, or until golden and crisp. As you fry, you may need to add oil to pan. Return to temperature between batches and additions of oil.

5. As pancakes finish, transfer to wire rack. Once all pancakes are fried, place them (rack and baking sheet) in oven and heat 5 mins., or until warmed through. To serve, sprinkle lightly with salt and accompany with sour cream and applesauce. THE ASSOCIATED PRESS/ ELIZABETH KARMEI, GRILLING AND SOUTHERN FOODS EXPERT AND AUTHOR OF SOAKED, SLATHERED AND SEASONED.

Ingredients

- 2 lbs baking potatoes (such as russet), peeled
- 1 medium sweet potato (about 1/2 lb), peeled
- 1 small yellow onion
- 2 large eggs
- 2 tbsp all-purpose flour
- Kosher or sea salt
- Peanut oil, for frying
- Sour cream, to serve
- Applesauce, to serve

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MUSHROOM FESTIVAL HITS SAGE ON JAN. 24

Just because the holiday season is over, it does not mean you have to stay in.

Prepare your friends or family for a great night out, filled with fun and great food during the Mushroom Festival at Sage Restaurant at the River Cree Resort and Casino on Jan. 24.

Enjoy all things mushroom as the

culinary team at Sage explores the fun that is the fungi.

You and your party will spend the evening tasting delectable dishes from the finest mushrooms from around the globe.

The five-course meal for \$60 will be made up

of dishes consisting of enoki, hedgehog, oyster and porcini mushrooms, as well as winter chanterelles.

The Mushroom Festival is a part of Sage Restaurant's monthly themed culinary nights.

According to Cam

Rutten, business development at River Cree Resort, these nights are a great night for both customers and associates.

"This is a great chance to try the food at Sage and experience the talent of the Chef Christophe and his team," says Rutten.

"It really gives them a chance to flex their culinary muscles."

And for those who are proud to call Sage their favourite restaurant, these themed nights give them a chance to experience something they can't get on any other night.

Sage Restaurant is a premier dining facility that allows guests to come in and experience excellent service, great ambiance, an outstanding wine list, and more importantly, incredible food.

"At Sage, you can have an intimate night, a great night with a bunch of friends, or a business meeting," says Rutten.

"Whatever you choose, you will be treated to incredible service from some of Edmonton's best servers working hard to make your experience perfect every time."

Sage is open Tuesday to Sunday and guests must be over the age of 18.

The Mushroom Festival is one night only, so be sure to reserve your seat now.

Reservations for the Mushroom Festival are recommended, and can be made at rivercree resort.com or by calling 780-930-2636.



Celebrate the new year with Sage's Mushroom Festival.

Tempt your taste buds and treat your palate to a 5 course feast featuring our favourite fungi. Chefs Christophe Ithurritze and Robbie Oram will take you on an culinary exploration and showcase the delicious versatility of mushrooms.

5 course meal for only \$60 per person!

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MORE ONLINE

Find out what is On The Menu each month with Twitter updates from Chef Christophe Ithurritze (@sagechristophe) or from Cam Rutten (@crutten).

Be sure to check out which food item will be the next one featured.

Australian Open

Raonic rumbles into third round

Canada's Milos Raonic defeated Lukas Rosol of the Czech Republic 7-6 (7-2), 6-2, 6-3 score-line to reach the third round of the Australian Open on Thursday.

The 13th seed stands one victory away from duplicating his best showings at a grand slam after playing four rounds at the U.S. Open last autumn and in Melbourne in 2011.

Raonic, from Thornhill, Ont., will face off against 17th-seeded Philipp Kohlschreiber on Sunday after the German advanced over Israeli Amir Weintraub 6-2, 7-6(4), 6-4.

Raonic, who struggled in his opening match at Melbourne Park, was dominant in his second, firing 18 aces to win and coming home in just over one hour 45 minutes.

He clinched the victory just in time, before temperatures rose to the day's high of 39 C, the hottest day of the event so far.

Raonic, ranked 15th in the world, had never faced Rosol before. The Czech is known for knocking Rafael Nadal out of the Wimbledon second round last June in the upset of the season.

THE CANADIAN PRESS



Milos Raonic hits a forehand on Thursday at the Australian Open in Melbourne.

THE ASSOCIATED PRESS



Edmonton Oiler Jordan Eberle, left, shows off his celebration move to teammate Taylor Hall during training camp Monday in Edmonton. Both players are confident their offence has the ability to beat the neutral-zone trap. JASON FRANSON/THE CANADIAN PRESS

Oilers confident they can beat trap

NHL. Edmonton coach expects to see defensive system used more in short season

If Edmonton's young guns are to lead the Oilers into the NHL playoffs in this shortened season, they'll likely have to do it by beating the neutral-zone trap.

Edmonton head coach Ralph Krueger said this week he expects to see more of the devious defensive system designed to stifle offensive hockey.

He said scoring could be down in this 48-game schedule and "there could be a lot of trapping out there."

"A lot of teams are probably going to (trap)," he added.

Quoted

"If teams want to trap against us I feel we have enough speed and enough quickness in this locker-room we're going to be able to get it by them."

Forward Jordan Eberle is confident the Oilers will be able to break the defensive trap if teams choose to employ it against them.

"We're expecting there's going to be some difficulty. It's all the more important for us to stick with our game plan."

During the 2004-05 NHL lockout, the league took steps to address the trapping issue. The NHL ordered officials to get tough on obstruction calls like hooking and holding, elements that slow the progress of faster players and make the trap easier to execute. It also made the two-line pass legal.

Most teams in the NHL use

some version of the trap, but the Oilers are confident they can break it simply with their speed and passing.

"Every team plays some form of a trap and we're going to have to work around whatever they throw at us," said sophomore forward Taylor Hall, who believes they have the speed and skill to break the trap. "If we can keep the puck in our hands we'll be good."

"Every team will have a game plan and they may think

that's what's going to help them succeed."

One advantage the Oilers may have early is that their top two lines — Hall, Eberle and Ryan Nugent-Hopkins; and Sam Gagner, Ales Hemsky and rookie Nail Yakupov — go into the season in game shape, having played through most of the 119-day lockout.

The plan of the coaching staff is to encourage offensive creativity, as long as it's not at the expense of the players' defensive responsibilities.

"We always want that as coaches," said Krueger, who begins his first season as head coach. "That we're going to be exciting offensively is a given. But when we don't have the puck that's where we still have a lot of growing to do."

THE CANADIAN PRESS

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4 SPORTS

Trestman to take on Bears' top job

NFL. Former Alouette will return south of the border, where he has served for eight teams

The Chicago Bears hired Montreal Alouettes coach Marc Trestman on Wednesday to replace the fired Lovie Smith and gave him two basic tasks — fix the offence and lead the team to the playoffs on a consistent basis.

How he meshes with quarterback Jay Cutler could go a long way toward determining his success.

It's the first NFL head-coaching job for Trestman, 57, a long-time assistant in the league who spent the past five seasons coaching the Alouettes, leading them to a 59-31 regular-season record and three Grey Cup appearances, winning twice.

Prior to arriving in the CFL in 2008, Trestman spent time in the NCAA coaching at Miami and North Carolina State and served in the NFL

as a quarterback coach, running back coach and offensive co-ordinator with Minnesota (twice), Tampa Bay, Cleveland, San Francisco, Detroit, Arizona, Oakland and Miami.

Chicago general manager Phil Emery cast a wide net in his search, meeting with at least 13 candidates. Besides Trestman, he also brought back Seattle Seahawks offensive co-ordinator Darrell Bevell and the Indianapolis Colts' Bruce Arians for second interviews.

Trestman wasted little time starting to assemble his staff.

A person familiar with the situation said the Bears hired New Orleans Saints offensive line coach Aaron Kromer as their offensive co-ordinator, hoping to revive a unit that often sputtered with Mike Tice calling the plays.

The Dallas Cowboys, meanwhile, reported on their website that special teams coach Joe DeCamillis was leaving to become Chicago's assistant head coach/special teams co-ordinator. **THE ASSOCIATED PRESS**

Not ready to retire

QB Calvillo committed to 20th season

The Montreal Alouettes will have a new head coach in 2013, but a familiar face remains under centre.

Quarterback Anthony Calvillo isn't retiring. There were thoughts the 40-year-old might have a change of heart with Marc Trestman's departure, but the veteran quarterback emphatically stated he's all in for a 20th CFL season.

"One thing I've learned, I'm always going to trust the powers that be, (owner Robert) Wetenhall and (GM) Jim Popp, to get the right people in here to help us win," Calvillo told reporters in Montreal.

THE CANADIAN PRESS



Former Montreal Alouettes head coach Marc Trestman, pictured at a news conference in Montreal on July 16, 2012, has been hired by the Chicago Bears to replace the fired Lovie Smith. **RYAN REMIOWZ/THE CANADIAN PRESS FILE**

NFL

Chip Kelly goes back on decision, joins Eagles

In the end, Chip Kelly chose the NFL, giving the Eagles their guy.

Philadelphia hired Kelly on Wednesday, just 10 days after he decided to stay at Oregon. The 49-year-old Kelly, known as an offensive innovator, becomes the 21st coach in team history and replaces Andy Reid, who was fired on Dec. 31 after a 4-12 season.

He'll be introduced at a news conference Thursday.

Kelly was 46-7 in four years at Oregon and recently led the No. 2 Ducks to a victory over Kansas State in the Fiesta Bowl on Jan. 3. **THE ASSOCIATED PRESS**

Baseball

Jays farm hand banned 50 games

Toronto Blue Jays pitcher Alan Farina has been suspended 50 games following the right-hander's second positive test under baseball's minor league drug program.

Farina is currently on the roster of Single-A Dunedin Blue Jays of the Florida State League.

THE CANADIAN PRESS

Coming clean. Armstrong says he 'left it all on the table' in Oprah interview

Lance Armstrong said Wednesday that viewers can judge for themselves how candid he was in his interview with Oprah Winfrey.

"I left it all on the table with her and when it airs the people can decide," he said in a text message to The Associated Press.

Armstrong responded to a report in the New York Daily News, citing an unidentified source, that he was not contrite when he acknowledged during Monday's taping with Winfrey that he used performance-enhancing drugs.

He's also held conversations with U.S. anti-doping officials, touching off speculation that the team leader who demanded loyalty from others may soon face some very tough choices himself: whether to co-operate and name those who aided, knew about or helped cover up a sophisticated doping ring that Armstrong ran on his tour-winning U.S. Postal Service squads.

"I have no idea what the future holds other than me holding my kids," he said.

Armstrong's interview with Winfrey won't begin airing until Thursday night, but already some people want to hear more — under oath — before he's allowed to compete again in elite triathlons, a sport he returned to after retiring from cycling in 2011.



A photo from the taping of Oprah and Lance Armstrong: The Worldwide Exclusive.

COURTESY OF HARPO STUDIOS, INC./GEORGE BURNS/THE ASSOCIATED PRESS

In addition to stripping him of all seven of his Tour de France titles last year, anti-doping officials banned Armstrong for life from sanctioned events.

Former teammate Frankie Andreu, one of several riders Armstrong cast aside on his ride to the top of the sport, said no one is better-suited to provide anti-doping authorities with a blueprint for cleaning up the sport.

"Lance knows everything that happened," Andreu said. "He's the one who knows who did what because he was the ringleader. It's up to him how much he wants to expose."

THE ASSOCIATED PRESS

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Miami	24	12	.667	—
d-New York	24	13	.649	1/2
d-Indiana	24	16	.600	2
Chicago	22	15	.595	2 1/2
Brooklyn	23	16	.590	2 1/2
Atlanta	22	16	.579	3
Boston	20	18	.526	5
Milwaukee	19	18	.514	5 1/2
Philadelphia	16	23	.410	9 1/2
Orlando	14	24	.368	11
Detroit	14	24	.368	11
Toronto	14	25	.359	11 1/2
Charlotte	9	29	.237	16
Cleveland	9	31	.225	17
Washington	7	28	.200	16 1/2

WESTERN CONFERENCE

	W	L	Pct	GB
d-Oklahoma City	31	8	.795	—
d-L.A. Clippers	30	9	.769	1
d-San Antonio	30	11	.732	2
Memphis	24	13	.649	6
Golden State	23	13	.639	6 1/2
Denver	24	17	.585	8
Portland	20	18	.526	10 1/2
Utah	21	19	.525	10 1/2
Houston	21	19	.525	10 1/2
Minnesota	16	19	.457	13
L.A. Lakers	17	21	.447	13 1/2
Dallas	17	23	.425	14 1/2
Sacramento	14	24	.368	16 1/2
New Orleans	13	26	.333	18
Phoenix	13	27	.325	18 1/2

Wednesday's results

Chicago 107, Toronto 105, OT
Orlando 97, Indiana 86
Atlanta 109, Brooklyn 95
Dallas 105, Houston 100
Oklahoma City 117, Denver 97
New Orleans 90, Boston 78
San Antonio 103, Memphis 82
Cleveland at Portland
Washington at Sacramento
Miami at Golden State

Tuesday's results

Indiana 103, Charlotte 76
New Orleans 111, Philadelphia 99
Brooklyn 113, Toronto 106
L.A. Clippers 117, Houston 107
Denver 115, Portland 111, OT
L.A. Lakers 104, Milwaukee 88
Thursday's games — All Times Eastern
New York vs. Detroit at London, England, 3 p.m.
L.A. Clippers at Minnesota, 8 p.m.
Milwaukee at Phoenix, 9 p.m.
Miami at L.A. Lakers, 10:30 p.m.

TENNIS

AUSTRALIAN OPEN

At Melbourne, Australia
Wednesday's results

MEN

Singles

Second Round

Novak Djokovic (1), Serbia, def. Ryan Harrison, U.S., 6-1, 6-2, 6-3.
David Ferrer (4), Spain, def. Tim Smyczek, U.S., 6-0, 7-5, 4-6, 6-3.
Tomas Berdych (5), Czech Rep., def. Guillaume Rufin, France, 6-2, 6-2, 6-4.
Janko Tipsarevic (8), Serbia, def. Lukas Lacko, Slovakia, 6-3, 6-4, 3-6, 4-6, 7-5.
Nicolas Almagro (10), Spain, def. Daniel Gimeno-Traver, Spain, 6-4, 6-1, 6-2.
Stanislav Wawrinka (15), Switzerland, def. Tobias Kamke, Germany, 6-3, 7-6 (4), retired.
Kei Nishikori (16), Japan, def. Carlos Berlocq, Argentina, 7-6 (4), 6-4, 6-1.
Sam Querrey (20), U.S., def. Brian Baker, U.S., 6-7 (2), 1-1, retired.
Fernando Verdasco (22), Spain, def. Xavier Malisse, Belgium, 6-1, 6-3, 6-2.
Evgeny Donskoy, Russia, def. Mikhail Youzhny (23), Russia, 3-6, 7-6 (4), 6-2, 3-6, 6-3.
Jerzy Janowicz (24), Poland, def. Somdev Devvarman, India, 6-7 (10), 3-6, 6-1, 6-0, 7-5.
Jurgen Melzer (26), Austria, def. Roberto Bautista Agut, Spain, 6-7 (4), 6-3, 6-7 (3), 6-3, 6-2.
Marcos Baghdatis (28), Cyprus, def. Tatsuma Ito, Japan, 3-6, 6-3, 6-2, 6-2.
Radek Stepanek (31), Czech Rep., def. Feliciano Lopez, Spain, 6-2, 6-2, 6-4.
Julien Benneteau (32), France, def. Edouard Roger-Vasselin, France, 4-6, 7-5, 7-6 (5), 7-6 (5).
Kevin Anderson, South Africa, def. Andrey Kuznetsov, Russia, 6-1, 7-5, 6-4.

Doubles

First Round

Maheesh Bhupathi, India, and Daniel Nestor (5), Toronto, def. Pablo Andujar and Guillermo Garcia-Lopez, Spain, 6-2, 6-4.
WOMEN
Singles
Second Round
Maria Sharapova (2), Russia, def. Misaki Doi, Japan, 6-0, 6-0.
Agnieszka Radwanska (4), Poland, def. Irina-Camelia Begu, Romania, 6-3, 6-3.
Angelique Kerber (5), Germany, def. Lucie Hradecka, Czech Rep., 6-3, 6-1.

Li Na (6), China, def. Olga Govortsova, Belarus, 6-2, 7-5.
Maria Sharapova (2), Russia, def. Misaki Doi, Japan, 6-0, 6-0.
Agnieszka Radwanska (4), Poland, def. Irina-Camelia Begu, Romania, 6-3, 6-3.
Angelique Kerber (5), Germany, def. Lucie Hradecka, Czech Rep., 6-3, 6-1.
Li Na (6), China, def. Olga Govortsova, Belarus, 6-2, 7-5.
Zheng Jie, China, def. Sam Stosur (9), Australia, 6-4, 1-6, 7-5.
Marion Bartoli (11), France, def. Vesna Dolonc, Serbia, 7-5, 6-0.
Ana Ivanovic (13), Serbia, def. Chan Yung-jan, Taiwan, 7-5, 1-6, 6-4.
Valeria Savinykh, Russia, def. Dominika Cibulkova (15), Slovakia, 7-6 (6), 6-4.
Julia Goerges (18), Germany, def. Romina Oprandi, Switzerland, 6-3, 6-2.
Ekaterina Makarova (19), Russia, def. Stephanie Foretz Gacon, France, 6-3, 6-3.
Jelena Jankovic (22), Serbia, def. Maria Joao Koehler, Portugal, 2-6, 7-6 (5), 6-2.
Kirsten Flipkens, Belgium, def. Klara Zakopalova (23), Czech Rep., 6-1, 6-0.
Venus Williams (25), U.S., def. Alize Cornet, France, 6-3, 6-3.
Sorana Cirstea (27), Romania, def. Kristyna Pliskova, Czech Rep., 1-6, 6-3, 6-2.
Madison Keys, U.S., def. Tamira Paszek (30), Austria, 6-2, 6-1.
Heather Watson, Britain, def. Ksenia Pervak, Kazakhstan, 4-6, 7-6 (7), 6-2.

NFL

DIVISIONAL PLAYOFFS

Sunday's results

AFC — New England 41 Houston 28

NFC — Atlanta 30 Seattle 28

Saturday's results

AFC — Baltimore 38 Denver 35 (2OT)

NFC — San Francisco 45 Green Bay 31

CONFERENCE CHAMPIONSHIPS

Sunday's games — All Times Eastern

NFC — San Francisco at Atlanta, 3 p.m.

AFC — Baltimore at New England, 6:30 p.m.

SUPER BOWL XLVII

Sunday, Feb. 3

At New Orleans, La.

AFC vs. NFC champions, 6 p.m.



Horoscopes

Aries

March 21 - April 20

Career-wise this is a great day to start something new. If you have been thinking about changing job or vocation, what happens over the next 24 hours could make up your mind. Then all you have to do is act.

Taurus

April 21 - May 21

You are very much flavour of the month at the moment but it won't last forever, so make sure you take advantage of other people's good feelings towards you. This is also an excellent time to socialize.

Gemini

May 22 - June 21

If you find yourself in a favourable position today, you must make good use of it. Don't miss out on a wonderful opportunity because you think it would be wrong to do well for yourself while others are struggling.

Cancer

June 22 - July 23

If someone says something critical about you today, don't automatically assume they are trying to put you down. More likely, they are trying to make you aware of the mistakes you've been making. Listen and learn.

Leo

July 24 - Aug. 23

In both your personal life and in your work, you are about to reap the rewards for past labours. All that is required of you is to sit back and enjoy the good things heading your way. You can do that.

Virgo

Aug. 24 - Sept. 23

Cosmic activity in your fellow Earth sign of Capricorn has been good for you lately. Today's Venus-Pluto union will bring out the passionate side of your nature, which will be good for those you love!

Libra

Sept. 24 - Oct. 23

You will find it easy to show affection today. You don't need to go over the top but you do need to let partners and relatives know how much you love them and how much you appreciate their efforts.

Scorpio

Oct. 24 - Nov. 22

With Venus, planet of romance, linked to your ruler Pluto in one of the more outgoing areas of your chart, you won't be shy about showing your affection today. When Scorpios love, they love without limits.

Sagittarius

Nov. 23 - Dec. 21

Ignore those who say you should be pushing yourself harder because they do not know what they are talking about. If everything comes so easily to you, why should you make it difficult? Life is there to be enjoyed.

Capricorn

Dec. 22 - Jan. 20

You will be even more intense than usual today. Pluto in your sign will make you more passionate and help you to move mountains through sheer force of personality. Be a catalyst for change.

Aquarius

Jan. 21 - Feb. 19

There is so much in your life you have to be thankful for, yet still you are focusing on things that went wrong. Get over it. When the Sun enters your sign at the weekend you must be ready to move on.

Pisces

Feb. 20 - March 20

Cosmic activity in the area of your chart that governs friendships and group activities means you will attract people who share your desire to improve things. Together you can change the world for the better. **SALLY BROMPTON**

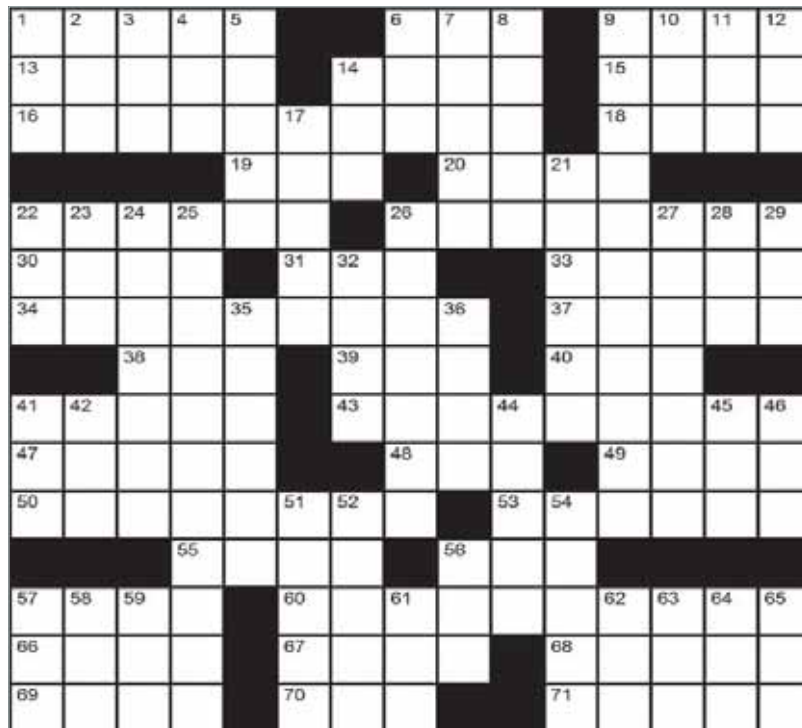
Crossword: Canada Across & Down

Across

- Island of wild horses in Canada
- Michael Jackson song
- Maritime folk tune: "Song for the ___"
- Nature photographer Mr. Adams
- 'Star Wars' universe knight
- Actress, ___ Rachel Wood
- New "American Idol" judge: 2 wds.
- Cozy corners
- Deryck Whibley's band, ___ 41
- "Me neither.": 2 wds.
- Blessings
- Accessorized like The Penguin
- School subj.
- Bird of Australia
- Celebrity chef Ms. De Laurentiis
- Saskatoon band, The ___
- Feminizing suffixes
- Director Spike
- Game-on-the-green org.
- Teacher's pen
- Loud
- Eminem alias: 2 wds.
- Armada
- 'Client' completer
- Halo
- Scanned-at-checkout things: 2 wds.
- Is allowed: 2 wds.
- McGill, e.g.
- Launch site
- House entrance
- Victoria-born actress Meghan Ory's fairytale "Once Upon a Time" role, with Red: 2 wds.
- Lucy ___ Montgomery
- Donated
- Halle Berry's Canadian ex, Gabriel ___
- Middles, mini-ly
- Finish
- Ms. Witherspoon

Down

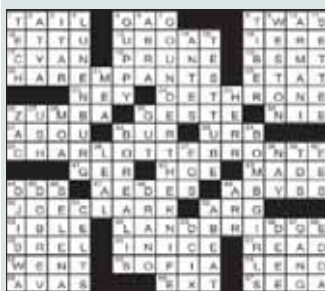
- ___ Andreas Fault
- Tropical cuckoo bird
- Graduate's degree, e.g.
- Currency in Albania
- Beethoven's title lady
- Mr. Mulroney
- A Bell for ___ (John Hersey Pulitzer-winning novel)
- Mustard variety
- Alberta city: 2 wds.
- "___ had it!"
- Sprinted
- 'A' of Q&A, for short
- Mr. Carrey
- Pondered
- Canadian communications company
- Baseball execs



- Cheerleader's cheer!
- Designer's studio
- Poutine pieces: 2 wds.
- J.K. Rowling's non-magical folks
- Some horse-drawn carriages
- Dutch city
- "___ Boot" (1981)
- Cleans the floors
- Quarterback Mr. Manning
- Go on a yacht
- Canadian cinematic org.
- 'Motor' suffix
- Actress Ms. Fox

- "___ & the Women" (2000)
- Former-NBAer, ___ Ming
- Mournful melody
- Mineral water brand
- ___ Allan Poe
- Dessert choice
- Rap legends, Run-___
- Porridge particle
- ___ Lady Peace
- Home theatre item
- Shade
- UK award since 1917
- Alternatives
- Nice 'n Easy product

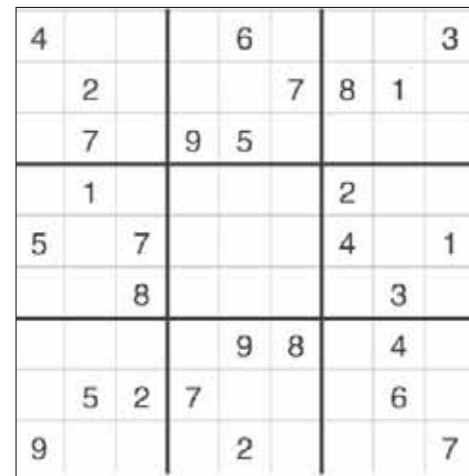
Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Weather

TODAY



MAX: 2°
MIN: -5°

FRIDAY



MAX: 5°
MIN: 2°

SATURDAY



MAX: 1°
MIN: -19°



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B/W**



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B/W**



2013 AVALON XLS
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**\$240
B/W**



**2012 TUNDRA DOUBLE CAB
WITH UPGRADE PACKAGE**

#C5449045

**\$335
B/W**



**2012 HIGHLANDER LTD
WITH NAVIGATION**

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